



active *Adult  
Living*

ACTIVE ADULT  
COMMUNITIES OFFER  
TODAY'S SENIORS  
CHEF-PREPARED MEALS,  
STATE-OF-THE-ART  
FITNESS CENTERS AND  
A BEVY OF ACTIVITIES-  
AND THAT'S JUST FOR  
STARTERS.

# Live on the *upbeat.*



## We're a waltz, we're a two-step, we're a spicy salsa.

We're a senior living community with a rhythm all its own. Wherever you turn on our maintenance-free campus, you'll find activities in sync with your interests. Meanwhile, Life Care secures your long-term care and protects your future. Put your best foot forward and get ready to enjoy retirement more.

Friendship  
Village  
TEMPE

2645 East Southern Avenue • Tempe, Arizona 85282 • 480-900-5553 • [FriendshipVillageAZ.com](http://FriendshipVillageAZ.com)

Independent Living • Assisted Living • Skilled Nursing • Memory Care

Managed by  Life Care Services™



## FOR TODAY'S ACTIVE ADULTS,

retirement is less about slowing down than seizing the day. Pursuing your passions. Continuing to learn and explore. And connecting with a thriving community that shares your interests.

Corralling a host of hidden cultural gems, outdoor pursuits and country-club-like communities, the Valley is one of the best places in the world to retire. In this section, we'll spotlight an array of activities and communities to help you live life to the fullest.

## *Building Community*

"We've always lived an active lifestyle," says Patti Plack. "Now that we live at Maravilla Scottsdale it's even fuller; we plan our day around the activities calendar." With Maravilla's hiking club, yoga, zumba, concerts, wine tastings, bocce ball, Osher Lifelong Learning classes and murder mystery dinners, you're gonna need a bigger calendar. This award-winning Scottsdale community resembles a resort, with graceful Southwestern architecture, a saltwater pool that recalls a Roman bath and a menu of residence choices, from spacious casitas to assisted living. Housekeeping, landscaping, linen services, transportation and one fine-dining meal daily are provided. So residents can devote their time to savoring the amenities. "We just walk out our door and within minutes, we can be swimming in the pool or enjoying a friendly table game with neighbors in the game room," says Bob Plack. "It's convenient and keeps us active."

At Westminster Village, Scottsdale's only nonprofit retirement community, you'll find a carefree lifestyle close to a trove of urban offerings. "We are a luxury community, with all of the amenities you'd expect from a resort, but because we do not answer to shareholders, at an affordable price," says Lesley Morrison Midkiff, chief marketing officer. Your custom-designed residence comes with housekeeping and linen service, so you can focus on hot-air ballooning, music appreciation classes, Lunch Bunch outings, and onsite festivals and craft fairs. Plus, with a prime location



minutes from HonorHealth Scottsdale Shea and Mayo Clinic – and an on-site continuum of services, from a wellness center to Alzheimer's/dementia expertise – Westminster has an outstanding reputation for health care.

This year, Merrill Gardens at The Oaks debuted in Gilbert, a town that's been named one of the country's top 25 places to retire. With sunny social areas and patios dotted with fire pits overlooking Sonoran Desert landscaping, this friendly community offers independent, assisted and memory care living. There's no buy-in necessary, and your month-to-month fee includes housekeeping, scheduled transportation and Anytime Dining. Embracing the motto "enjoy more," the calendar is chockablock with outings, book clubs, discussion groups, and arts and crafts. "While the communities are beautiful, it is

really our team that makes living at Merrill Gardens so special," says general manager Jerrod Ayers. "From our dining team that works to provide a high-quality restaurant experience at every meal to our caregiving team that gets to know residents and cares for them as family, we do all we can to ensure residents are happy. At The Oaks, several of our staff have family who live in our community as residents, including my own grandmother." Merrill Gardens also offers The Groves community in Goodyear and will premiere an Anthem location next fall.

Since 1980, residents of Friendship Village Tempe have been balancing a sense of adventure with peace of mind. This community of garden homes and apartments buzzes, as residents enjoy whatever activities put a smile on their face – and there are a lot of smiling faces. Amenities abound for any interest: a fitness center and pool for

physical activity, art and weaving studios, a woodshop and library. Villagers form book clubs and bands, they perform and attend concerts, and many volunteer off-campus. Meanwhile, the staff is attentive and relieves residents of all home maintenance. Independent residents have a plan in place for future care including assisted living, skilled nursing and memory care, all provided on campus.

At Southwest Senior Care, “we’re dedicated to loving comfort,” says caretaker Michelle Russo. “It’s almost like one-on-one personal care.” That’s because the center accommodates just five residents and is owned and operated by a registered nurse with more than 30 years’ experience. Hosting long-term residents and guests seeking a short stay, the north Phoenix home offers arts and crafts, gardening, pet therapy, a book club, visiting massage therapist and three home-cooked meals daily. The highly trained staff specializes in all levels of assisted living, including Alzheimer’s disease and dementia care.

**Friendship Village**

2645 E. Southern Ave., Tempe  
480-359-3362, [friendshipvillageaz.com](http://friendshipvillageaz.com)

**Maravilla Scottsdale:**

7325 E. Princess Blvd., Scottsdale,  
480-630-3158, [srgseniorliving.com](http://srgseniorliving.com)

**Westminter Village:**

12000 N. 90th St., Scottsdale,  
480-451-2000, [wmvaz.com](http://wmvaz.com)

**Merrill Gardens:**

The Oaks: 3675 S. Rome St., Gilbert,  
480-734-2017.

The Groves: 2655 N. Pebble Creek Pkwy.,  
Goodyear, 623-208-5655,  
[merrillgardens.com](http://merrillgardens.com)

**Southwest Senior Care:**

3849 E. Sheena Dr., Phoenix,  
602-796-1945, [southwestseniorcarellc.com](http://southwestseniorcarellc.com)



## The great outdoors and the great indoors, all in one.

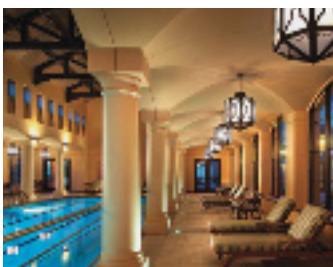
Have you ever noticed that folks always say *the great outdoors*? Well, what about *the great indoors*? Can't they be great, too? They sure can. And Maravilla Scottsdale is a perfect example. Some would say it's about as beautiful as a retirement community can be. But here's the best part. Maravilla is located smack-dab in the middle of the great outdoors, too. And you can take advantage of it all by joining one (or several) of our many active clubs. Come experience the great indoors AND outdoors for yourself at Maravilla Scottsdale. Please call 480.535.9803 to schedule your complimentary lunch and tour.

7325 E. Princess Blvd.  
Scottsdale, AZ  
480.535.9803

[MaravillaScottsdale.com](http://MaravillaScottsdale.com)

**Maravilla**  
SCOTTSDALE  
RESORT RETIREMENT LIVING

CASITAS | COURTYARD RESIDENCES  
INDEPENDENT & ASSISTED LIVING | MEMORY CARE





*Southwest Senior Care is a locally owned and operated residential care home. We are licensed and insured for five residents and specialize in all levels of assisted living.*

Colleen Russo is the owner and a RN with more than 30 years experience with Long Term Care and present full time at the home. Colleen and staff are very hands on ensuring quality care, compassion, safety and respect for our residents.

**OUR SERVICES INCLUDE BUT ARE NOT LIMITED TO:**

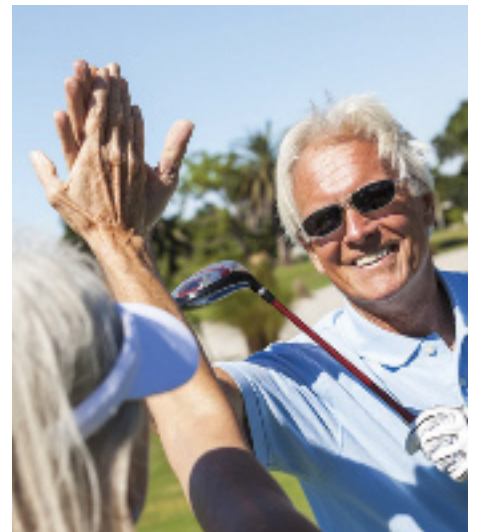
Assistance with all activities of daily living • Medication monitoring and management • Full time RN care • Concierge MD on call • Housekeeping and laundry • Ambulation Assistance • 3 home cooked meals and snacks served family style • Memory Care • Stimulating activities, arts and crafts, assistance with leisure activities • Loving care and compassion while preserving dignity



*Southwest Senior Care, LLC*

Please feel free to schedule a tour  
**Southwest Senior Care**  
 3849 E Sheena Drive  
 Phoenix, Az 85032  
 602-796-1945

**SOUTHWESTSENIORCARELLC.COM**



***Keeping Fit***

An active lifestyle means a healthy mind and body – plus more time to have fun. A 2015 study found that 25 minutes of brisk walking a day can increase your lifespan by up to seven years. You won't just build muscle: Adults who walk 40 minutes or more three times a week grow the region of the brain associated with memory.

Fortunately, we live in a place where staying fit is a way of life. Outdoorsy types are spoiled for choice thanks to Maricopa County Parks and Recreation, which leads easy-breezy hikes and paddles from Lake Pleasant to the San Tan Mountains, nearly every day of the year. Tempe's Kiwanis

Recreation Center boasts 15 outdoor tennis courts and doubles tennis programs. Desert Song Healing Arts Center in Phoenix teaches yoga and tai chi in a welcoming setting. Recently sweeping the Valley is pickleball – a blend of tennis, badminton and pingpong. Look for new courts in northwest Phoenix's Telephone Park and Surprise's city courts.

But should you get pickleball elbow or nagging knees, the elite physicians at CORE Institute will help get you back on the courts or the hiking trails. With more than 150 care providers at locations throughout the Valley, this decade-old institute offers care in orthopedics, spine issues, pain management, neurology, rheumatology



**“Why put up with the pain, especially  
with the advancements in technology?”**

**I should have done this a long time ago.”**

*Patient, Claude “Gunny” Marquis*

Award winning physicians providing comprehensive musculoskeletal  
and neurological care to you, your family, and our community.

**Choose One Place, the Right Place.**

**Call Today!**  
**844.211.2673**

[www.thecoreinstitute.com](http://www.thecoreinstitute.com)



**KEEP LIFE IN MOTION®**

# Question

When choosing a retirement community,  
why consider a not-for-profit?

## Answer

As Scottsdale's only not-for-profit retirement living community, Westminster Village focuses its efforts on designing programs that create an enviable lifestyle for its residents. Time and resources are dedicated to a mission-driven approach to living, where the board of directors asks "what is best for the residents?" versus a bottom-line approach of "how can revenues be increased to shareholders?"

Westminster Village's mission-driven approach is palpable in every aspect of its business. Residents enjoy the peace of mind of knowing that every dollar received by Westminster Village is reinvested into the community for better programming, services and overall benefits to its residents.

The most meaningful part of being a not-for-profit organization is fulfilling a charitable purpose. Westminster Village employees and residents alike are very proud of the many ways its charitable acts impact the lives of its residents and their families. Westminster Village's not-for-profit status reassures residents who may encounter financial difficulty

that they may continue to live in their home surrounded by their friends and neighbors without a reduction in services. The Westminster Village Foundation serves as the fundraising arm for these charitable acts.

Westminster Village relies on the invaluable relationship between its Residents' Council and Management to discuss matters that impact residents' way of life. There is no large corporation mandating policies and changes to the lifestyle of its residents. Westminster Village is proud of being one large family; employees and residents coming together daily to enjoy life to the fullest.

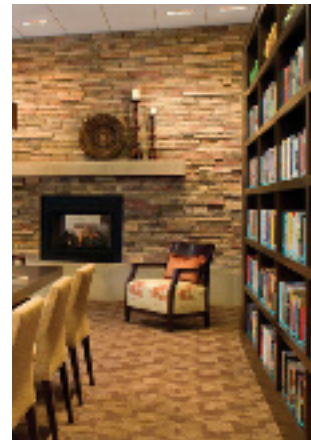
Now fully occupied, Westminster Village has a wait list of future residents who have seen the benefits of not-for-profit retirement living and are eager to become part of the Westminster Village family. Wait list members enjoy amenities, experience fine culinary creations and begin to mingle with residents in anticipation of making Westminster Village their new home.



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SCOTTSDALE'S ONLY  
LUXURY NOT-FOR-PROFIT  
CONTINUING CARE  
RETIREMENT COMMUNITY



SINCE 1988, WESTMINSTER VILLAGE HAS BEEN  
DEDICATED TO CREATING AN ENVIABLE LIFESTYLE  
FOR OUR RESIDENTS.

COME EXPERIENCE FOR YOURSELF WHAT MAKES OUR  
COMMUNITY SO UNIQUE. JOIN OUR WAIT LIST TODAY

Contact Marketing at  
**480.451.2000** or visit us  
at **[www.wmvaz.com](http://www.wmvaz.com)**

12000 N. 90th Street  
Scottsdale, AZ 85260

and physical therapy. Many CORE physicians have been recognized as *PHOENIX* magazine Top Docs and seek minimally invasive methods to ease you back into your active lifestyle.

**Maricopa County Parks and Recreation:**  
maricopa.gov/parks

**Kiwanis Recreation Center:**  
6111 S. All America Way, Tempe,  
480-350-5201, tempe.gov

**Desert Song Healing Arts Center:**  
3232 N. 20th St., Phoenix,  
602-265-8222, desertsongyoga.com

**CORE Institute:** 866-974-2673,  
thecoreinstitute.com

## *Pursuing Your Passions*

Phoenix often gets accused of having no culture, but that's because its artsy and intellectual offerings tend to be wallflowers. Luckily, we've sussed out some hidden gems and are bringing them into the spotlight.

Osher Lifelong Learning Institute presents all the classes you wish you could have taken instead of calculus: *Rebellious Women*, *How Art Informs Neuroscience*, *Writing the Thriller*, *Sex from a Darwinian Perspective* and more. The courses, for adults age 50-plus, are short, inexpensive, located all over town and often taught by world-renowned professors.

Culture vultures circulate at ASU Kerr Cultural Center, which schedules an impressive lineup of jazz musicians, virtuoso pianists and groundbreaking plays. During the monthly Tuesday Morning Music & Tea series, savor a free concert with your cuppa. The free, monthly Coffee at Kerr stimulates body and mind with java and a.m. arias from Arizona Opera singers. Meanwhile, ASU's Herberger Institute hosts complimentary concerts from guest musicians and doctoral candidates.

With striking architecture in a spectacular setting, Tempe Center for the Arts features a smorgasbord of concerts, comedy



— THE —  
NORTH SCOTTSDALE RETIREMENT

THE FINER THINGS IN LIFE  
ARE BEST ENJOYED WITH FRIENDS.



Vi at Silverstone, a Vi and Plaza Companies community, is an elegant community built for a lifestyle of entertainment. Our award-winning staff takes care of the day-to-day so you and your friends are free to play our 18-hole putting course, spend an afternoon shopping or simply sip a cocktail on our patio. Reserve a tour today and discover *The North Scottsdale Retirement*.



AT SILVERSTONE

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23005 North 74th Street, Scottsdale, AZ 85255 • 480.477.9394 • [Silverstone.ViLiving.com](http://Silverstone.ViLiving.com)

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CC/PDR Silverstone, L.L.C. is the sole entity responsible for the performance of the continuing care contracts at Vi at Silverstone.

and classes. Its current art exhibit, *Green and Gray*, muses on the merging of natural landscapes and the built environment. Its Tempe Arts and Sciences Salon hosts free talks on titillating topics. And those in-the-know gather for Hello Friday happy hour, a cultural cocktail of specialty drinks, live music and vintage games overlooking Tempe Town Lake.

With Ballet Arizona's *Ballet Under the Stars*, you can watch ballerinas under the Big Dipper at locations throughout the Valley each fall. If you're an alfresco music aficionado, Mesa Arts Center is the place to be on Thursdays for a free lunchtime concert in the garden.

Throughout town, adult recreation centers are hubs for socializing and self-improvement. Pyle Adult Recreation Center in Tempe boasts a fitness center and hosts regular painting workshops, bluegrass jam sessions, mah-jongg and more. In spring, they'll even do your taxes – for free.

Nature lovers flock to the Rio Salado Audubon Center on the third Thursday of the month for *Birds 'n' Beer*, which pairs local brews and wine with a lively lecture about wildlife from a guest expert. Desert Botanical Garden offers classes in desert gardening, landscape photography and wildlife biology, in addition to sunrise tai chi and sundown yoga sessions.

Explore stunning Arizona with Road Scholar, the world leader in lifelong learning adventures. Popular Southwestern tours – created in collaboration with Northern Arizona University – feature forays to Sedona, the Grand Canyon, Hopi Villages and more.

With so much on offer in the Valley of the Sun and throughout Arizona, it's time to *carpe diem*.

**Osher Lifelong Learning Institute:**

602-543-6440, [lifelonglearning.asu.edu](http://lifelonglearning.asu.edu)

**ASU Kerr Cultural Center:**

6110 N. Scottsdale Rd., Paradise Valley,  
480-596-2660, [asukerr.com](http://asukerr.com)

**ASU Herberger Institute:**

ASU Tempe campus, 480-965-6536,  
[herbergerinstitute.asu.edu](http://herbergerinstitute.asu.edu)



**Tempe Center for the Arts:**

700 W. Rio Salado Pkwy., Tempe,  
480-350-2822, [tempe.gov](http://tempe.gov)

**Ballet Arizona:** 602-381-0184, [balletaz.org](http://balletaz.org)

**Mesa Arts Center:** 1 E. Main St., Mesa,

480-644-6500, [mesaartscenter.com](http://mesaartscenter.com)

**Pyle Adult Recreation Center:**

655 E. Southern Ave., Tempe,  
480-350-5211, [tempe.gov](http://tempe.gov)

**Rio Salado Audubon Center:**

3131 S. Central Ave, Phoenix,  
602-468-6470, [riosalado.audubon.org](http://riosalado.audubon.org)

**Desert Botanical Garden:**

1201 N. Galvin Pkwy., Phoenix,  
480-941-1225, [dbg.org](http://dbg.org)

**Road Scholar:** 800-454-5768,

[roadscholar.org](http://roadscholar.org)



# ENJOY MORE AT Merrill Gardens

Merrill Gardens is proud to offer three senior living communities in the Phoenix valley, located in Anthem, Gilbert and Goodyear. Each location offers independent living, assisted living and memory care.

Retirement is no time to slow down. That's why Merrill Gardens offers an Active Living<sup>SM</sup> lifestyle program. Everyday, you can find ways to keep your whole self happy. And nothing should keep you from enjoying a great meal. That's why we created Anytime Dining<sup>SM</sup> - so you can enjoy fresh meals on your schedule, whenever it works for you.



## *The Oaks, A Merrill Gardens Community*

3675 S Rome Street  
Gilbert, AZ 85297  
Ph (480) 477-9525  
Lic #AL9712C



## *The Groves, A Merrill Gardens Community*

2655 N Pebble Creek Pkwy  
Goodyear, AZ 85395  
Ph (623) 748-5137  
Lic #AL9684C



## *Merrill Gardens at Anthem*

2800 West Rose Canyon Circle  
Anthem, AZ 85086  
P (623) 201-4327  
License Pending

Opening  
In Fall  
2016



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SENIOR LIVING



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